

## Public Information

To increase public awareness about aging-related issues and services, the AAA provides:

- A speakers' bureau for community groups and organizations.
- Seminars for family caregivers.
- *Caregivers' Corner Online*, e-mail resources for family caregivers. To register, visit [www.fairfaxcounty.gov/email](http://www.fairfaxcounty.gov/email). Look for Family Caregivers of Older Adults.
- Publications (available on request):
  - *Golden Gazette*  
A free monthly newspaper for seniors in the Fairfax area. Also available online, in large print and recorded format.
  - *Guide to Retirement Living*
  - *Finding Your Way Through the Home-Care Maze* including the companion registry.
  - *List of Services for Older Adults in the Fairfax Area*

For additional information about senior resources in Virginia, contact [SeniorNavigator.org](http://SeniorNavigator.org).



A publication of Fairfax County, Virginia. Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call 703-324-5411; TTY 703-449-1186. To request this information in an alternate format, call 703-324-5870; TTY 703-222-9452.

This publication has been produced by the Fairfax Area Agency on Aging with financial assistance, in whole or in part, from the Administration on Aging and/or the Virginia Department for the Aging.

September 2007

## Fairfax Area Agency on Aging



## HOW CAN WE HELP YOU

Fairfax County  
Department of Family Services

## Fairfax Area Agency on Aging (AAA)

The Fairfax Area Agency on Aging (AAA) serves older adults and their family caregivers in Fairfax County and the cities of Fairfax and Falls Church. It was established by the Fairfax County Board of Supervisors in 1976 as directed by the Older Americans Act. The agency receives federal, state and county funds. The AAA's primary goals are to:

- Improve the quality of life for older adults.
- Promote independent living for older adults.

## Information and Assistance

The Area Agency on Aging helps individuals access community resources.

**To speak to an information specialist, call Aging, Disability and Caregiver Resources at 703-324-7948; TTY 703-449-1186.**

## How to Contact Us

Fairfax County  
Department of Family Services  
**Fairfax Area Agency on Aging**  
12011 Government Center Parkway  
Suite 708  
Fairfax, Virginia 22035-1104

**Phone: 703-324-5411**  
**TTY: 703-449-1186**  
**Toll Free: 1-800-503-0217**  
**Fax: 703-449-8689**

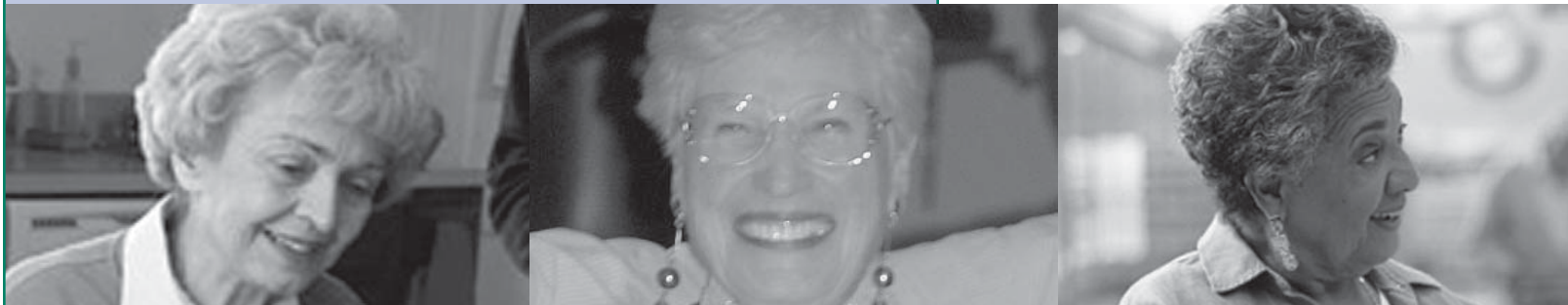
Monday-Friday, 8 a.m.-4:30 p.m.

[www.fairfaxcounty.gov/aaa](http://www.fairfaxcounty.gov/aaa)

## Volunteer Opportunities

Be a volunteer to seniors 60 and over and to adults with disabilities. Volunteers are needed to visit or telephone socially isolated seniors, deliver Meals on Wheels, provide Medicare counseling, be an occasional driver, advocate for persons in long-term care facilities, and more.

Volunteers may work in the community or the AAA office. There are also opportunities for homebound individuals. For more information about volunteering, call 703-324-5406; TTY 703-449-1186.



## Regional Programs

- **ElderLink:** Through a public/private partnership with the Fairfax Area Agency on Aging, the Inova Health System and the Alzheimer's Association, ElderLink provides consultation and case management services to elderly persons with multiple needs. For more information, call 703-324-5374; TTY 703-449-1186.
- **Northern Virginia Long-Term Care Ombudsman:** The goal of the ombudsman program is to improve the quality of life and care for residents in licensed nursing homes and assisted living facilities, as well as participants in adult day care and recipients of home-care services. The program provides information and consultation to residents, their family members and friends. The ombudsman can also investigate and/or mediate resident concerns. To learn more, call 703-324-5861; TTY 703-449-1186.

## Fairfax Area Agency on Aging Programs

In addition to information and assistance, the following services are available to persons 60 and over, unless otherwise specified.

- **Volunteer Solutions:** Volunteers assist with a variety of services to enable older adults and adults with disabilities to remain independent while living in their own homes. Services include grocery shopping, transportation, minor home repair, visiting, and seasonal yard work. To request a volunteer, call 703-324-7948; TTY 703-449-1186.
  - **Home-Delivered Meals:** Two nutritious meals are provided Monday through Friday to homebound seniors by Meals on Wheels volunteers. The cost of the meals is based on a sliding fee scale and participants' ability to contribute toward the cost of the meals.
- Fairfax Area Agency on Aging  
703-324-7948; TTY 703-449-1186  
Toll Free 1-800-503-0217  
[www.fairfaxcounty.gov/aaa](http://www.fairfaxcounty.gov/aaa)
- **In-Home Care Resources:** The "Home-Care Packet" provides information about private and public home-care services, including guidelines for hiring home-care workers and agencies. The "Companion Registry" lists persons interested in being hired to assist others with daily living activities.
  - **Nutritional Supplement:** Low-income individuals who have special nutritional needs may be eligible for the Nutritional Supplement program. Clients must have a physician's written prescription to participate in the program.
  - **Pets on Wheels:** Trained volunteers and their pets visit local long-term care facilities to provide the residents with companionship and affection.
  - **Virginia Insurance Counseling and Assistance Program (VICAP):** Trained volunteers help senior adults and persons with disabilities understand Medicare rules including Part D drug plans, Medigap policies, managed care plans and long-term care insurance. They also help clients file medical insurance claim forms. For more information, call 703-324-5851; TTY 703-449-1186.
  - **Family Caregiver Support:** The AAA provides several programs to support caregivers, including informational seminars and events, support groups, limited respite care and assisted transportation.